

Window of Health

Monroe County Health Department
"Growing Healthy Families...Together"

First Local Kentucky Pandemic Summit Held In Monroe County on March 7

The First Local Pandemic Summit in Kentucky, sponsored by the Monroe County Health Department was held at the Monroe County Middle School on Tuesday, March 7.

The principle speaker of the evening was Dr. Robert Brawley of the Communicable Disease Branch of the Kentucky Department of Public Health. Dr. Brawley spoke on the effects of Pandemic Influenza and how it differs from Seasonal Influenza. He also presented statistics on the potential problems associated locally when the pandemic does occur.

Rebecca Tandy, Monroe County Health Department Director gave an informative presentation on why local businesses should start



Monroe County Health Department Staff
Front Row (L-R)

Betty Ford, RN, Dawn Scott, Tracy Wicklin

Second Row

Jason Holland, Amanda Wood, Amy Hale, RN, Rebecca Tandy, Dyschel Thompson, Tamara Froedge, Jill Ford, RN, Harold Kelley

preparing now for the inevitable. Rebecca emphasized that businesses and organizations should use the business check list distributed at the meeting.

Jill Ford, RN, presented information on how each citizen can prepare for the pandemic and steps for staying healthy using a provided personal checklist.

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Inside this issue:

Female Physicals	2
Keeping Children Healthy	2
Welcome to Parenthood	2
Injury Prevention	3
Save Sex For Marriage	3
WIC	4

Ladies Health Day May 17

Plan now to attend the Ladies Health Day at the Monroe County Health Department on May 17 from 7:00 AM until 4:30 PM. In addition to breast and cervical screening, each participant will be offered body mass analysis, nutritional counseling, physical activity information, and scheduled for a mammogram. Each participant will receive a goody bag and be entered for a door prize. Appointments are required. Ladies, do something good for yourself. Call today at 487-6782.

Monroe Food Establishment Inspections On The Web

Jason Holland, Monroe County Health Department Environmentalist confirmed that beginning May 1, 2006, results of Food Establishment inspections will be listed on the Monroe County Health Department website.

Holland stated that the overall score for the establishment inspection will be listed along with any specific deficiencies noted. If needed, results of a follow-up inspection will also be listed.

All food establishments are

inspected semi-annually using the state checklist, and after each inspection, given a rating as to how they scored. A food establishment is defined as any food service (restaurant) or retail market (grocery or convenient store).

The inspection results may be viewed at www.monroecohd.com. Remember that food establishments are inspected semi-annually, so if you do not see your favorite restaurant listed, check back later for results.

Female Physicals — Medicare — No Problem

If you are a woman with Medicare and need a female examination, we would like to invite you to make an appointment at the Monroe County Health Department. We now bill Medicare for these vital services. A yearly mammogram is also covered by Medicare. If your mammogram is due at the time of your visit, we will make you an appointment for a screening at the Monroe County Medical Center.

Carolyn Vessels, ARNP will perform your examination. A graduate of the University of Mississippi Medical Center, she comes to us with more than thirty years experience in women's

health. She and her husband, Michael live in Alvaton. She can address any health concerns you may have.

Call today and make an appointment. When you arrive at the Health Department for your exam our friendly staff will assist you with registration. Don't forget to bring your Medicare card. Next, Registered Nurses will obtain your height and weight as well as your medical history. The clinical breast exam and Pap smear will be completed by Carolyn. When the nurses complete your paperwork and answer any questions, they will make an appointment for your mammogram

screening and you will be out the door. You will feel empowered for having taken the time to do something important for yourself.

Women sometimes neglect their own health in order to care for their loved ones; however, we are doing an injustice to the ones we love. Take care of your own health by getting the healthcare you need and deserve.

For **professional health services minutes from home**, call the Monroe County Health Department at 270-487-6782. We care about you. Let us help keep you healthy.

Keeping Children Healthy

Health Check-Ups are important. Children of all ages need complete health check-ups on a regular basis to protect their health and their future. With scheduled check-ups, minor health problems in children can be caught before they become serious. Diseases like chickenpox, mumps, and measles can be prevented by immunizations. Any physical or mental developmental problems can be found and treated, and hearing and vision problems can be found and treated early.

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) is a program for children from birth to age 21 who are eligible for Medicaid. Under the EPSDT program, children are checked for medical problems early. There are specific tests and treatments as they

grow older.

The areas of health care that are checked include:

- Medical history and physical exam
- Growth and development check (social, personal, language and motor skills)
- Vision
- Hearing
- Teeth
- Nutrition
- Lab test including blood lead level
- Mental health and substance abuse
- Immunizations
- Health education for parents

Children should get health checkups regularly or before the ages listed as follows:

- 1 month 2 months 4 months
- 6 months 9 months 12 months
- 15 months 18 months 24 months
- 3 years 4 years 5 years
- 6 years 8 years
- Once a year for ages 10-20

If a health problem is found during an exam a referral is made to your doctor for treatment. Health check-ups are available at the Monroe County Health Department. Call today and make your child an appointment at 487-6782. When it comes to a child's health, a little prevention is a big reward.



Welcome To Parenthood

If this is your first journey into the world of parenting, let the Monroe County Health Department offer you our HANDS. Not to lead you, but to walk beside you, lending support as you learn and grow together as a family. This should be a time of joy and excitement, but like most new parents you probably have lots of questions and concerns about what lies ahead. Our

HANDS Program is designed to help answer those questions and ease your anxieties, so that you can give your baby the nurturing he/she deserves. We have beneficial information to share with you in the following areas: pregnancy, labor and delivery, basic care, nutrition, language, gross motor/fine motor and personal/social skills, physical and mental development. In addition we

will provide to you a complete directory of other valuable services in the community that may assist your family with needs. We believe that parenting is the most important role in life, and that all parents can use an extra pair of hands. Ours are reaching out to you.....call the Health Department at 487-6782 and ask for **Amy or Amanda**.

Kentucky Injury Prevention and Research Center Escape Plan

Monroe County Safe Kids Coalition Coordinator, Tamara Froedje, wrote and received a grant totaling \$6887.00 for fire safety. The coalition bought 400 smoke detectors to be installed into homes in Monroe County. To meet requirements for the grant, the local fire departments have agreed to install the smoke detectors in homes. The following is an escape plan for each individual to complete in their home and practice at least every six months with their family.

1. Draw a floor plan of your home. It must show all of the rooms, stairways and other important features of the house, including all windows and doors.
2. Find at least two reasonable exits from each room. In almost all cases one exit will be the door, but the other exit may be a different door, a window or stairs. The exits should be on different sides of the room, so that if one is blocked by fire or smoke the other may still be usable. If members of your household are very young or very old, or have disabilities, you will need to develop a plan for how they will get out.
3. Check out your escape routes to make sure they are usable. Can everyone in the household open the windows? Can children reach the locks on windows and doors?
4. Select a place to meet outside the home where everyone will gather after they exit. It should be reasonably close to the home, but not so close that anyone there will be in

5. danger if the entire residence is burning. Practice your escape plan. Don't just walk through it during the day. Practice it at various times, including late at night, until all members of the household can escape from the home quickly even if they're sleepy, confused or afraid. Practice crawling to stay low under smoke, and practice checking doors to see if they are warm.
6. If a fire occurs, get out fast. Don't call the fire department, save valuables or rescue pets-just get outside as quickly as you can, while helping anyone in the household who needs assistance to get outside. When you find an unblocked escape route, stay low but move quickly. Move toward an exit to the outside and get out as quickly as you can. Close doors behind you if you can, to slow the spread of fire and smoke.

Once you are outside, go directly to the meeting area. Send one adult or older child to call the fire department or use a cell phone if you have one in your vehicle. **DO NOT** go back into the burning building. If someone is missing, tell the firefighters as soon as they arrive.

Distributed by: Safe Kids Barren, Metcalfe and Monroe Counties

Six Medical Reasons to Help Your Children Save Sex For Marriage

1. One out of every two sexually active young people can expect to become infected with a sexually transmitted disease by age 25!
2. There are over 25 sexually transmitted diseases. Some cause infertility, genital and oral cancer. Some will kill our children. Others last a lifetime.
3. Condoms do not protect against the spread of the most common viral sexually transmitted disease called HPV (Human Papilloma Virus), which cause genital and oral cancers.
4. Teens who are sexually active are much more likely to take drugs and drink alcohol than teens who are not.
5. Sexually active adolescent girls are five times more likely to be victimized by dating violence than girls who are not sexually active.
6. Sexually active teenagers are more likely to be depressed and attempt suicide. Sexually active girls are three times more likely to be depressed and three times more likely to attempt suicide. Sexually active boys are more than twice as likely to be depressed and eight times more likely to attempt suicide.

Dyshel Thompson, Abstinence Education Coordinator states, "The biggest influence for a teen to choose NOT to be sexually active is the parental attitude and verbal

expectation. The students in Monroe County are in a class only a few days hearing the message of how and why to make the decision to wait. It is up to the parents and our community to encourage our children to make the best choice."

The best news is that 88% of teens say it would be easier to postpone sexual activity if they were able to have more open, honest conversations with their parents about the topics of sex, love, and relationships. Sex can wait. Talking Can't. For more information contact the Monroe County Abstinence Coalition at 487-6782 or log on to www.TalkToThem.org.



**Monroe County
Health Department**

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*Growing Healthy
Families...Together*

www.monroecohd.com

Free Diabetes Classes

Topics Include

- What is Diabetes?
- How To Eat on Sick Days
- How to Prevent Long-term Problems
- Foot Care
- Diabetes Medications
- Eating Healthy
- Healthy Coping and Resources

Phone 487-6782 for info.

Women, Infants, and Children

WIC (Women, Infants and Children) is a US Department of Agriculture funded program. **WIC** helps to assist families who have nutritional needs. By doing so, medical problems of more severity are prevented.

WIC participants are screened for nutritional risks and are then provided with supplemental nutrition for their families. Some of the benefits of **WIC** are that the participant receives free health and nutrition screening and free nutrition and breastfeeding education.

WIC clients also receive supplemental foods such as infant formula (ages 1 and under), milk and cheese, vitamin C-enriched juices, iron-rich cereals, eggs dried beans or peanut butter. **WIC** also will help the client find regular health care and shots if needed.

In order to be eligible for **WIC**, the participant must:

1. Be a pregnant, breastfeeding, or postpartum woman; or infant or child under 5 years of age.
2. Be a resident of this county.
3. Have a nutritional need (determined at the

first **WIC** appointment).

4. Fall into the liberal income guidelines.

Each participant will need to bring specific information and documentation to apply for **WIC**. These include:

1. Identification for all applicants such as a birth certificate, driver's license, Medicaid card, etc.
2. Proof of residency will be requested. A driver's license, recent bill, business mail, rent/lease receipt, or Medicaid card may be used.
3. Household income (for anyone in the household that has an income). Sources include: current Medicaid card, current pay stub, W-2 forms, copies of alimony or child support checks.

For more information, or to find out if you or your family members may be eligible for **WIC**, please call the Monroe County Health Department at 487-6782.

WIC is an equal opportunity program.

Jill Ford, RN

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